

# Exercise Class Schedule

**Room B-62, Kenneth Hahn Hall of Administration**

**Effective August 20, 2015**

<b>Class</b>	<b>Day of Week</b>	<b>Time</b>
<b>Salsa (Beginning)</b> Jesse Zhu at (805) 965-5609 or <a href="mailto:Jeszhu@gmail.com">Jeszhu@gmail.com</a> <i>Free Class</i>	<i>Monday</i>	<i>12:00 noon – 12:50 pm</i>
<b>Zumba by Bella Fitness</b> Instructor: Alma Mota Email: <a href="mailto:Donna@BellaFitness.com">Donna@BellaFitness.com</a> (626) 497-3760 <i>\$7/class; \$50 for 10 classes</i>	<i>Monday</i>	<i>5:30 pm – 6:30 pm</i>
<b>Yoga (All levels)</b> Sam Grahm (323) 667-2671 <i>\$10/class; \$50 for 6 classes</i>  <i>Please enroll in advance at this link (<a href="#">CLICK HERE</a>)</i>	<i>Tuesday</i>	<i>12:00 noon – 12:50 pm</i>
<b>NEW CLASS COMING SOON</b>	<i>Tuesday</i>	<i>5:30 pm – 6:30 pm</i>
<b>Mat Pilates (Beginning)</b> Niambi Sims (323) 309-1802 <i>\$12/class; \$50 for 5 classes</i> <i>Please enroll in advance by text to:424-272-1781</i>	<i>Wednesday</i>	<i>12:00 noon – 12:50 pm</i>
<b>NEW CLASS COMING SOON</b>	<i>Wednesday</i>	<i>5:30 pm – 6:30 pm</i>
<b>Salsa (Beginning)*</b> Jesse Zhu at (805) 965-5609 or <a href="mailto:Jeszhu@gmail.com">Jeszhu@gmail.com</a> <i>Free Class</i>	<i>Thursday</i>	<i>12:00 noon – 12:50 pm</i>
<b>NEW CLASS COMING SOON</b>	<i>Thursday</i>	<i>5:30 pm – 6:30 pm</i>
<b>NEW CLASS COMING SOON</b>	<i>Friday</i>	<i>12:00 noon – 12:50 pm</i>
	<i>Friday</i>	<i>5:30 pm – 6:30 pm</i>

\* The Thursday Salsa class will not meet one - two days per month due to the Healthy Connections workshops. The Healthy Connections schedule is posted in Room B-62.

Classes are taught by certified, private instructors or County volunteers. Participation is voluntary, and the County is not responsible for any fees or damages arising out of any injury that may be sustained by participating in any of the above classes.

Space is limited. Participation is on a first-come, first-serve basis. **County employees only.**

Questions about the exercise program should be directed to Walter Popoff, Department of Human Resources, at [wpopoff@hr.lacounty.gov](mailto:wpopoff@hr.lacounty.gov) or (213) 639-6354.